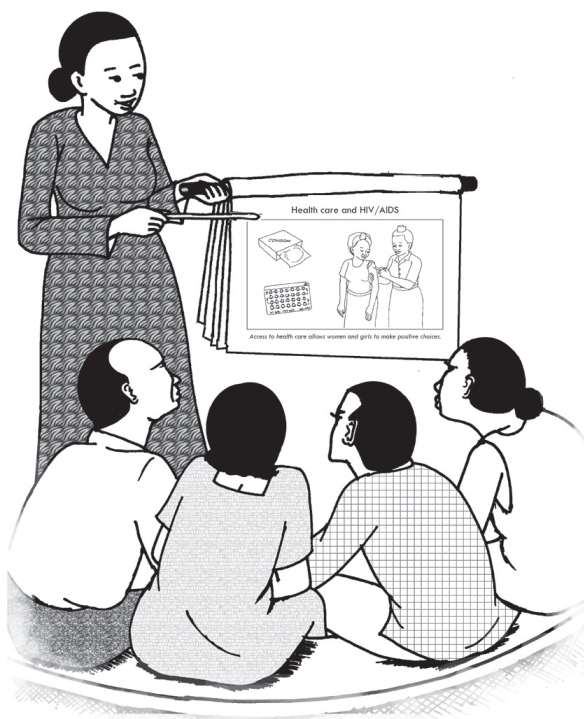


Go Girls!

How to Use Visual Briefs



BOOKLET FOR FACILITATORS

Use the Visual Briefs as a tool to stimulate community dialogue on reducing girls' vulnerability to HIV/AIDS. The visual brief flipchart covers a wide range of topics that will help communities think about the steps they can take to make their environment safer for girls.

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How to use this tool

Use this module training set to share information with community members about HIV/AIDS and girls' vulnerability and to stimulate discussion.

Try to get community members to express their own thoughts and opinions about a topic before introducing the visual. Once people have explored their own ideas and attitudes the information in this facilitator's manual can be used to increase people's understanding of each topic and make sure that they have correct information, such as how HIV can and cannot be transmitted. You can also use the charts to stimulate discussion by asking questions based on the information in the pictures and text.

The charts are designed to be used in a flexible way. For example, during Stage 3 you can post up the charts on a wall during discussion about the topic. During Stage 4, you can also post the relevant charts up on the wall and move them up and down or into groups as you analyze the information gathered from the community and set priorities for action.

1. What is HIV/AIDS?

HIV stands for “human immunodeficiency virus”.

HIV attacks the body’s natural defense system against disease by destroying one type of blood cell that helps the body fight off and destroy germs.

When HIV gets to an advanced stage, it leads to AIDS - the “acquired immunodeficiency syndrome”.

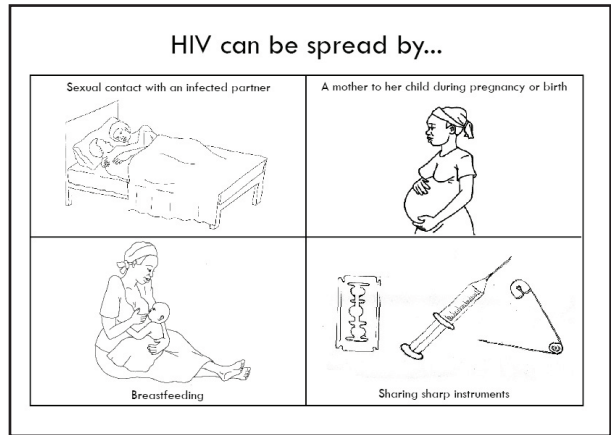
The progression from HIV to AIDS is different for everyone - some people live for 10 years or more with HIV without developing AIDS, and others get AIDS faster.



2. HIV can be spread by...

HIV is spread through some of the body's fluids. HIV can be passed on through:

- Blood
- Semen
- Vaginal fluids
- Breast milk

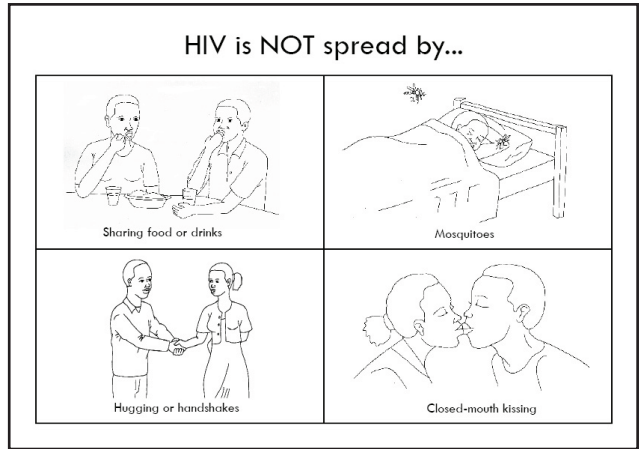


HIV is passed from one person to another by:

- Having unprotected sex (vaginal, anal, or oral)
- Pregnancy, birth, or breastfeeding if a mother has HIV
- Sharing needles, such as during injection drug use
- Sharing razor blades, such as during initiation ceremonies
- Getting transfusions of blood that has HIV

3. HIV is NOT spread by...

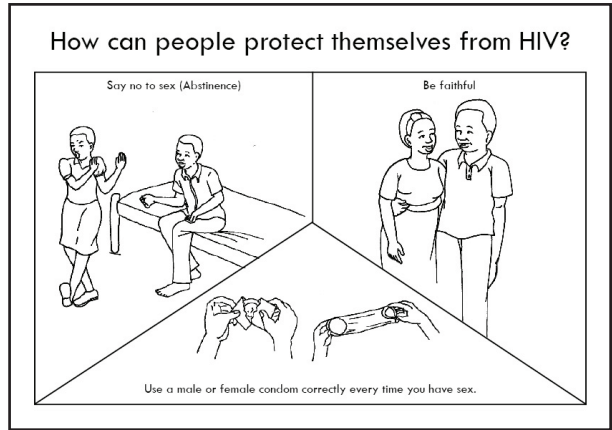
- Sharing food or drinks
- Working with or being around someone with HIV
- Mosquitoes
- Hugging or handshakes
- Closed-mouth kissing (there is a small chance of getting HIV from open-mouthed kissing if there is contact with blood)



4. How can people protect themselves from HIV?

The A...B...C... approach:

- Abstain from having sex.
- Be faithful - have sex with only one person who has no other partners.
- Use a male or female condom correctly every time you have sex.



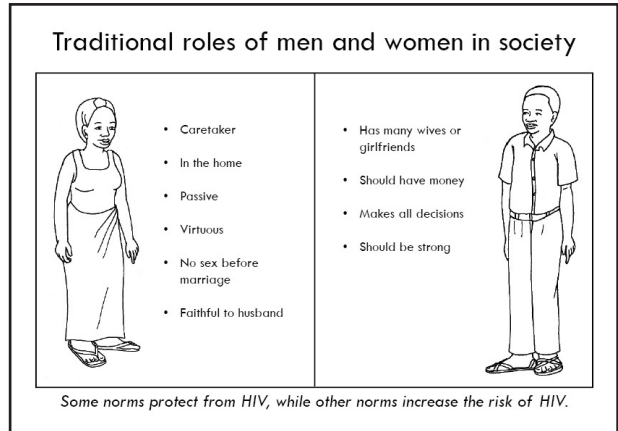
Other ways people can reduce their risk of HIV transmission:

- Learn about how HIV is transmitted and how it can be prevented.
- Wait until they are older to start having sex
- Ask their partner not to have sex with anyone else.
- Refuse to have sex with their partner if he or she has sex with someone else.
- Avoid having sex in exchange for favours, money, food or other items.
- Get tested for HIV and ask their partner to get tested for HIV before starting a sexual relationship.
- Avoid drinking alcohol.

Although there are many actions that individuals can take to protect themselves from HIV/AIDS, action is also needed at the family and community levels.

5. Traditional roles of men and women in society

- Traditionally, males and females are often assigned different norms, roles and responsibilities in society.

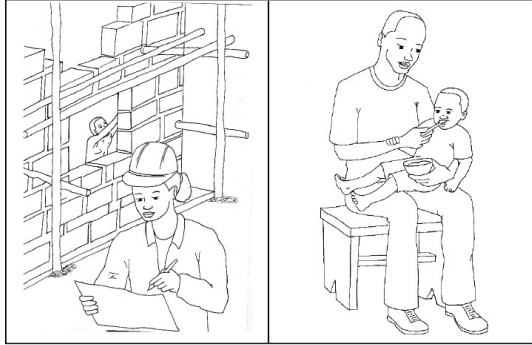


- For example, women might be expected to take on domestic duties and remain close to home, while men may be expected to be the main income earner, working outside the home, with greater freedom to move around in public places.
- Some norms are helpful and strengthen sexual and reproductive health, for example, a norm that married people should have sex only with each other prevents the spread of HIV.
- Some norms can increase risk of HIV. For example, girls may be taught to always obey men, even if men's ideas or actions are harmful.

6. Stepping out of traditional roles

- The roles of men and women can change because people, not biology, make them, and therefore people can change them.

Stepping out of traditional roles



7. Who are most at risk?

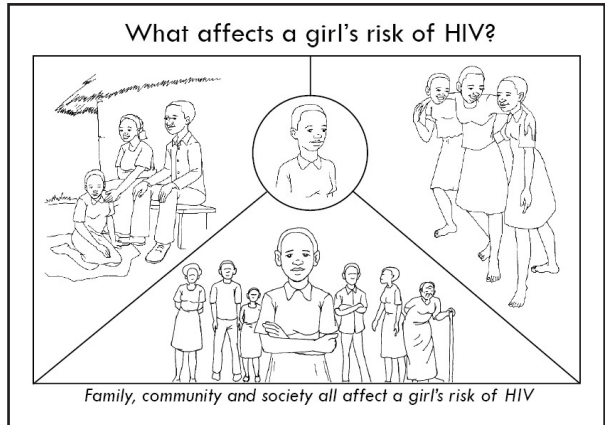
Why focus on girls instead of boys?

- Evidence shows that girls and young women are the most vulnerable to HIV. For example:
 - Girls have less opportunity to attend school or continue their education
 - Girls have less access to information about HIV/AIDS
 - Girls have less access to economic opportunities than boys
 - Traditional roles for girls prevent them from being assertive
 - Girls get married and start having sex at an earlier age than boys
 - Girls are more likely to be victims of sexual violence than boys
- However, HIV prevention programs do not often address the factors that make girls more vulnerable and they may not make special efforts to get girls involved.



8. What affects a girl's risk of HIV?

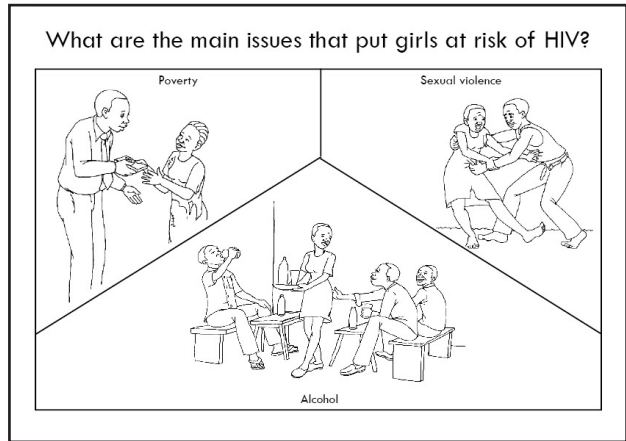
- All girls who are sexually active have some risk of getting HIV/AIDS. However, there are certain factors that make some girls more vulnerable to HIV/AIDS than others.
- Vulnerability is affected by many different factors, not only those related to individual behaviour. Family, community and social level factors all influence HIV risk.
- The rest of this booklet gives information on the key issues that affect girls' vulnerability to HIV/AIDS. Some of these factors present only risk to girls, such as violence, whereas others can either be risky or protective, such as relationships with family and other adults.
 - HIV knowledge and attitudes
 - Sexual behaviour
 - Alcohol
 - Relationships with family & other adults
 - Relationships with friends
 - Traditional practices and initiation rites
 - Education
 - Health care
 - Poverty and economic opportunities
 - Violence and abuse



9. What are the main issues that put girls at risk of HIV?

- Sexual violence against girls
- Alcohol consumption by girls and by their friends, family and other adults in the community
- Having multiple partners
- Sex with older men
- Exchanging sex for money or goods

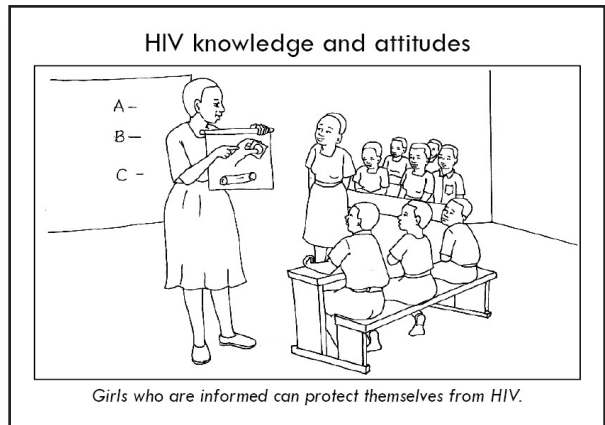
Information on why these behaviours are risky is outlined in the following pages.



10. HIV knowledge and attitudes

How does knowledge affect HIV risk?

- Girls who have access to information about how HIV is transmitted are more able to protect themselves from the virus.
- Knowledge about what kinds of behaviours are more risky can help girls understand their personal risk.
- Knowledge about how HIV can be prevented enables girls to make informed decisions.



How do attitudes affect HIV risk?

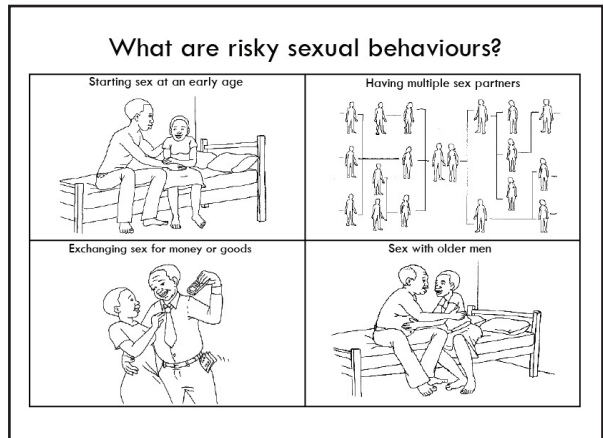
- If girls do not perceive HIV to be serious or likely to affect them, they may not change to safer behaviours.
- If girls believe that women and men are equal, they are more likely to stand up for what they want, such as access to education and skills to earn an income.
- They are also more likely to resist early marriage, unwanted sex and violence.
- Girls who place values on things such as education, religion and abstinence tend to be less exposed to HIV risk.
- On the other hand, girls who value money and consumer goods are more exposed to risks, such as sex in exchange for money.

What are the barriers to HIV information?

- Girls often have less access to media such as television and newspapers.
- Girls may have lower literacy level than men and boys.
- Girls may be exposed to a variety of messages that can sometimes be conflicting and confusing.

11. What are risky sexual behaviours?

- In sub-Saharan Africa, the majority of HIV infections are spread through sexual contact.
- It is important to remember however that sexual behaviour is not only an individual choice.
- It is affected by other community and social influences such as norms, peer influence, alcohol, poverty and violence.



Why do women and girls have sex?

- It is natural
- Because it feels good
- Proof of love for partner
- To maintain the relationship
- To get money and other gifts
- Believe that other people are having sex, so they should also have sex
- Pressure

Why do men and boys have sex?

- It is natural
- Because it feels good
- To prove they are manly
- To exert power
- Believe that other people are having sex, so they should also have sex
- Pressure from friends

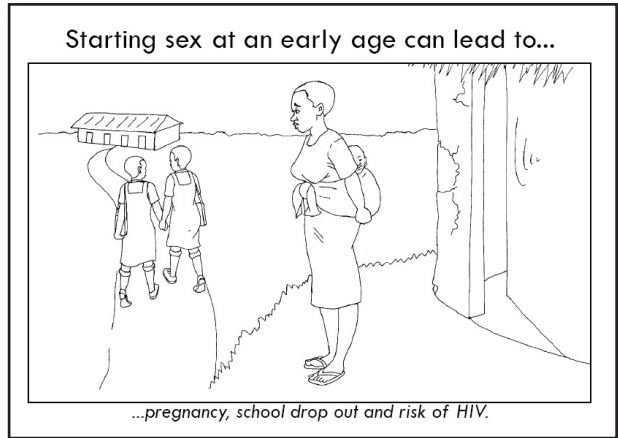
What are the riskiest sexual behaviours?

- Starting sex at an early age
- Having multiple partners
- Sex with older men
- Exchanging sex for money or goods
- Sex without condoms

Information on why these behaviours are risky is outlined in the following pages.

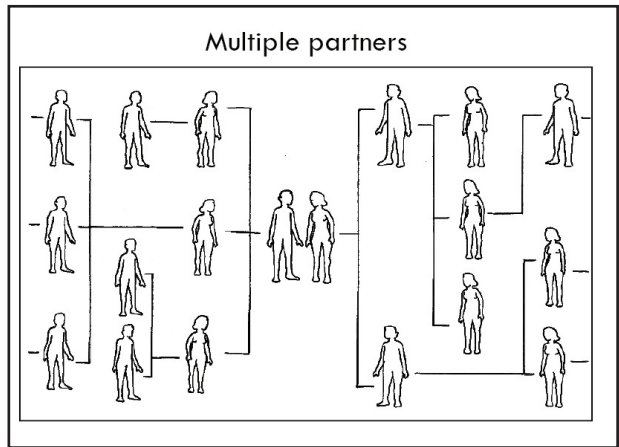
12. Starting sex at an early age can lead to...

- Girls who have sex at a young age are less likely to achieve their goals in life.
- Young girls have even less power than women to negotiate safer sex with their partner.
- They are also less likely to have knowledge about HIV/AIDS and how to prevent it.



13. Multiple partners

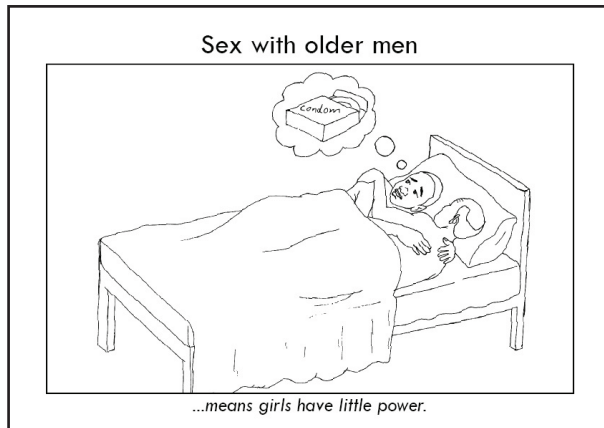
- When someone is involved in multiple sexual partnerships, if he or she becomes infected with HIV, it can be passed on to other partners very quickly.



- If someone has several long-term concurrent partnerships, during which condom use is less likely, there is a higher risk of HIV transmission.
- Even if a person is faithful to one partner, they are still at increased risk if that partner has other sexual partners.

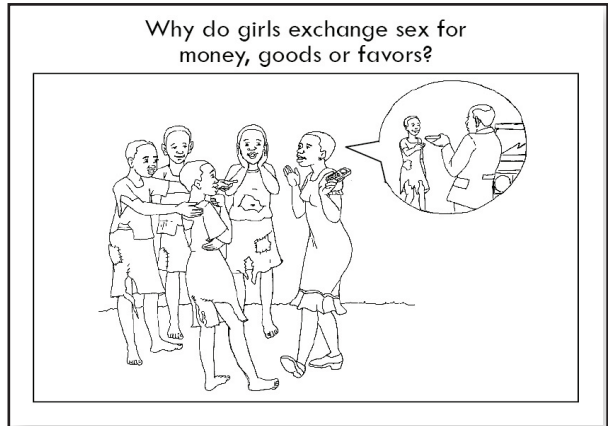
14. Sex with older men

- Age difference between sexual partners increases the likelihood of unprotected sex.
- This is because such relationships are often based upon exchanging sex for money, goods or favours.
- Older men are also more likely to have more power over young girls.
- In particular, differences in wealth mean that young women have less negotiating power over safe sex.
- Girls may also see older men as less risky – that is they see them as more stable and taking fewer risks.
- Older men often have HIV infection rates higher than adolescent boys or young men.



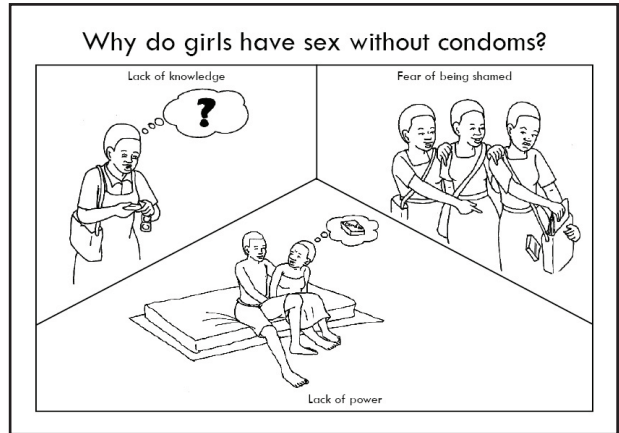
15. Why do girls exchange sex for money, goods or favours?

- Girls are forced or coerced into exchanging sex for money, goods or services in many different ways.
- Teachers may coerce girls to exchange sex for a good grade.
- Parents may force daughters to exchange sex in order to have food for the household.
- Men and boys may pressure a girl to have sex if they have driven or walked her home.
- Girls may also actively seek out opportunities for transactional sex in order to get money, goods or services.
- They do this either to meet basic needs such as food and shelter – or to get desirable goods such as clothing, cell phones or alcohol.
- When girls exchange sex, they usually have less power over deciding to use a condom.



16. Why do girls have sex without condoms?

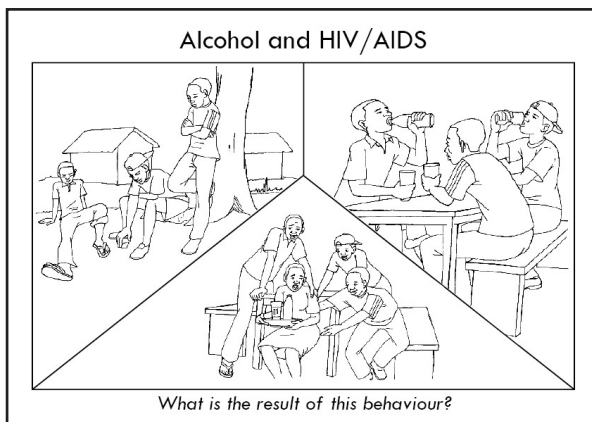
- Having sex without a condom puts girls directly at risk of HIV/AIDS.
- Sex without condoms also increases the risk of other sexually transmitted infections, which in turn can increase the biological vulnerability to HIV.
- Girls are often less likely than boys to know where to access condoms and how to use them.
- Girls may find it difficult to bring up the subject of condom use with their partner.
- It is even more difficult for girls and women who are married to insist on condom use with their spouse.
- In many communities, girls who carry condoms are seen as 'promiscuous' or 'loose'.



17. Alcohol and HIV/AIDS

Why do young people drink alcohol?

- Alcohol can make people more relaxed and sociable.
- Young people often feel more grown up when drinking alcohol.
- Young people may face pressure from their friends to go to bars or drink alcohol.
- Young people may also be curious about alcohol and want to try it.



The problems with alcohol:

- Bars let young people in and serve them alcohol.
- Young people are drinking at a younger age and more often than in the past.
- Adults are role models— when children see them drinking they think it is acceptable.
- Youth often lack alternative entertainment or activities in their communities.
- Drinking alcohol lowers people's ability to make sensible decisions, such as deciding with whom to have sex and whether to use a condom.
- Men in bars often look for someone to have sex with – girls who are there are more likely to have risky sex.
- Drinking alcohol is closely linked to sexual violence, including rape.

Alcohol and the Law in Botswana (as at 30 April 2009)

What age are people legally allowed to drink alcohol?

- 18 years and over

What age are people legally allowed to purchase alcohol?

- The Liquor Act prohibits liquor to be sold to people under the age of 18 years.

What are the penalties for selling alcohol to minors, if any?

- A fine not exceeding P5000.00 or imprisonment for a term not exceeding 1 year or both

Are there any penalties for the girl/boy who is underage? What are they?

- There are no penalties for the boy/girls who is under age.

What regulations/laws exist on hours of operations for bars and other alcohol outlets?

- These are dependent on the type of alcohol outlet, as shown below:

License	Days	Hours
Bar liquor	Mon – Thurs Fri – Sat Sun & Public holidays	1400hrs – 2200hrs 1200hrs – 2300hrs 1500hrs – 2200hrs
Bottle store liquor	Mon – Sat	1000hrs – 1900hrs
Liquor depot	Mon – Thurs Fri – Sat Sun & Public holidays	1400hrs – 2200hrs 1200hrs – 2300hrs 1500hrs – 2200hrs
Discotheque/night club	Mon – Thurs Fri – Sat Sun & Public holidays	1900hrs – 0000hrs 1900hrs – 0200hrs 1500hrs – 2200hrs
Club liquor	Mon – Thurs Fri – Sat Sun & Public holidays	1400hrs – 2200hrs 1200hrs – 2300hrs 1500hrs – 2200hrs

Temporary liquor		
Trade fair	Mon – Sat	1200hrs – 1800hrs
Festivals	Mon – Sat	1400hrs – 0000hrs
Picnics	Mon – Sat	1200hrs – 1900hrs
Other public activities	Mon – Sat	1400hrs – 0000hrs
Whole liquor	Mon – Sat	0800hrs – 1700hrs
Distributor liquor	Mon – Sat	0800hrs – 1700hrs

If they exist, what are the penalties for operating outside of these hours?

- Fine not exceeding P500.00 or imprisonment for a term not exceeding 6 months or both

Where can people report violations of law/regulations?

- To the Botswana police, Local Police. Ministry of Trade and Industry or By-law enforcement office

Alcohol and the Law in Malawi

What age are people legally allowed to drink alcohol?

- 18 years and over

What age are people legally allowed to purchase alcohol?

- 18 years and over

What are the penalties for selling alcohol to minors, if any?

- Six Months imprisonment and paying a fine of K10,000 (US \$72)
- Chapter 50 section 7 of the laws of Malawi stipulates that “ a license issued under this act who supplies liquor to any young person (irrespective of whether the said liquor is supplied for the personal use of such young person or of some other person) shall be liable to a fine of K10,000 (\$72) and to imprisonment for a term of six months”

Are there any penalties for the girl/boy who is underage? What are they?

- There are no penalties for the boy/girls who is under age if found in possession or drinking alcohol. However, such children can be sent to a reformatory centre if they are found to be habitual offenders.

What laws/regulations/by-laws exist on minors' access to bars and other alcohol outlets?

- Young people are allowed to access bars or any other alcohol outlets. However, if someone who is licensed to have a bar employs a young person they will be penalized unless there is prior arrangement with the licensing officer.
- The law states: “Any licensee under this act who employs any young person- a) to sell or to control or supervise the sale of liquor on behalf of the said licensee; or b) to have the custody or control of any liquor on the licensed

premises on behalf of the said licensee shall be guilty of an offence and liable to a fine of K10,000 (US\$72) and six months imprisonment”.

What regulations/laws exist on hours of operations for bars and other alcohol outlets?

- These vary from one district to another hours are dependent on the type of alcohol outlet. For Thyolo the recommended times are from 6.00am to 10pm.

If they exist, what are the penalties for operating outside of these hours?

- It is not stipulated in the laws/bylaws but district assembly by laws say one risks having the license taken away and the bar will be closed.

Where can people report violations of law/regulations?

- To the police or City/District/town Assembly offices which are available in every district.

Note:

- A child is one below the age of 13
- A young person is one between the age of 14 and 18
- A juvenile (child and young person) those below the age of 18
- The laws, rules and regulations were set up many years ago and have not been revised.

Alcohol and the Law in Mozambique

What age are people legally allowed to drink alcohol?

- 18 years and over

What age are people legally allowed to purchase alcohol?

- 18 years and over

What are the penalties for selling alcohol to minors, if any?

- Fines
- Ultimate penalty is loss of license to sell alcohol

Are there any penalties for the girl/boy who is underage? What are they?

- There are no penalties for the boy/girls who is under age if found in possession or drinking alcohol. However, the laws are currently under revision and this may change.

What laws/regulations/by-laws exist on minors' access to bars and other alcohol outlets?

- Young people are not allowed access to bars or any other alcohol outlets.

What penalties are there for allowing minors into bars and other alcohol outlets?

- First offense carries a fine of 10,000-150,000 Meticaïs.
- Second offense carries a fine of 20,000-250,000 Meticaïs in addition to a month imprisonment and the possible loss of alcohol license.

What regulations/laws exist on hours of operations for bars and other alcohol outlets?

- The allowed hours of operation are 7:30 to 22:00.

If they exist, what are the penalties for operating outside of these hours?

- Fines.
- Ultimate penalty is loss of alcohol license.

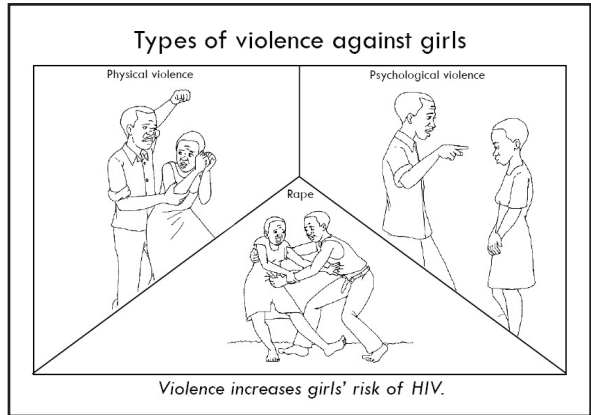
Where can people report violations of law/regulations?

- To the local police squadron or tourism office.

18. Types of violence against girls

What is physical violence?

Physical violence against a girl can include slaps, kicks, punches, using a knife or other weapon or throwing something at her.



What is psychological violence?

Psychological violence can make a girl fearful even without the presence of physical violence. It can include:

- Saying something that makes a girl feel insulted or ashamed
- Saying something sexual that was unwanted
- Threatening to use physical or sexual violence
- Threatening to hurt other people that she cares about
- Withholding, or threatening to withhold, food or other basic needs

What is sexual violence?

- Sexual violence against a girl can include:
- Rape
- Using force to have sex
- Threatening a girl until she agrees to have sex
- Touching her sexually when it is not wanted

Where is violence happening?

- Violence against girls can happen in many places.
- Common places where girls are at risk include bars, rest or guest houses, isolated areas, schools, water taps or boreholes, and markets.
- Some girls are also at risk when they are at home.

How is violence against girls related to HIV/AIDS?

- Forced sex often involves trauma and tissue tearing which increases the risk of HIV transmission.
- Girls who are sexually abused as a child are more likely to take risks later in life, such as having multiple partners and sex in exchange for money.
- Fear of violence, stigma, and abandonment can dissuade girls from learning their HIV status. If they do learn it, they may be afraid to share it with their partners.
- Violence and fear of violence can prevent a girl from insisting on condom use or refusing unwanted sex.

Violence and the Law in Botswana (as at 30 April 2009)

FORCED SEX/RAPE

What does the law say about rape? What about other sexual violence?

Rape is defined as unlawful carnal knowledge (forcing to have sexual intercourse with a woman against her will) of a woman or girl without her consent, or with her consent if her consent is obtained by force means, threats or intimidation of any kind, by fear or bodily harm.

Defilement is sexual intercourse with young girls or boys under the age of 16.

Incest is sexual intercourse with girls or boys under the age of 16 by a blood relation

What are the penalties for rape and/or other sexual violence?

- Imprisonment of 10 years and above
- Imprisonment of 15 years and above if perpetrator is HIV+ and knew his/her status before the sexual violence offense

SEX WITH MINORS

Does the law specify an age of consent? If yes, what is the age of consent?

- Yes. The age of consent is 16 years.

What are the penalties for having sex with someone under the age of consent?

- Imprisonment of 10 years and above

Are there any penalties for the girl/boy who is underage?

- Rehabilitation and/or wholly suspended sentence

SEX WITH STUDENTS

Are there any regulations or by-laws that forbid teachers/administrators from having sex with students (including those who have reached the age of majority)? If yes, what are they? How, if at all, are they enforced?

- Teaching Services Management Code of Conduct for teachers is not widely circulated, but sources indicated it states that it is an act of misconduct for teachers/administrators to have sex with students. If a school personnel member is found guilty of the offence they are expelled from their job.

Are there penalties for the student who has sex with a teacher/administrator? What are they? How, if at all, are they enforced?

- Again, the Code is not widely available but sources indicated that there are no penalties for the students.

REPORTING

Where can people report rape/sexual violence or sex with minors?

- To the Botswana Police, Local Police or Social Welfare Officer

Are these places/systems safe or do they put girls/women at increased risk?

- They are considered adequately safe.

Violence and the Law in Malawi

FORCED SEX/RAPE

Is rape a criminal offence? What about other sexual violence?

- Rape is a criminal offence recognized by the laws of Malawi.
- The penal code chapter 7 of the laws of Malawi sections 132 to 138 has explicit provisions on rape and other sexual offences.

What are the penalties for rape and/or other sexual violence?

- Sentences range from 14 years imprisonment to life imprisonment or the death sentence.
- Section 133 states that “Any person who commits the offence of rape shall be liable to be punished with death or life imprisonment with or without corporal punishment”
- Section 134 says “Any person who attempts to commit rape shall be guilty of felony and shall be liable to life imprisonment.”

SEX WITH MINORS

Does the law specify an age of consent? If yes, what is the age of consent?

- Yes. The age of consent is 13 years and above.

What are the penalties for having sex with someone under the age of consent?

- Having sex with the under age is punishable by life imprisonment.
- Attempted rape with a girl below 13 years is punishable by 14 years imprisonment.
- For incest it is also life imprisonment. If the victim is under 21 years of age, the victim shall be removed from the guardianship of such a person or the court may decide what to do.

Are there any penalties for the girl/boy who is underage?

- No penalties since she is considered a child (below 14 years) if it is the first time. However, if he/she is caught repeatedly he/she would be committed to a reformatory centre.

SEX WITH STUDENTS

Are there any regulations or by-laws that forbid teachers/administrators from having sex with students (including those who have reached the age of majority)?

- The Code of Conduct is not widely circulated but sources indicated that these regulations exist in the Code for teachers prepared by the Ministry of Education

If yes, what are they? How, if at all, are they enforced?

- Again, the Code is not widely available but sources indicated that it states that a teacher is not supposed to be involved in any sexual relationship or sexually harass a student under his charge and that a teacher is immediately dismissed once found guilty of this offence.

Are there penalties for the student who has sex with a teacher/administrator? What are they? How, if at all, are they enforced?

- Sources indicated that there are no penalties for the students below the age of 18 years as they are considered Juveniles.

REPORTING

Where can people report rape/sexual violence or sex with minors?

- At the Police-Victim support unit or District Social Welfare Office found at the district headquarters. For minors and children, most villages now have child protection workers whose role it is to report such cases to the police for further investigation.

Are these places/systems safe or do they put girls/women at increased risk?

- The introduction of victim support units in the police has led to a user friendly environment. The challenge is to motivate girls and women to realize that it is their right to report abuse and seek justice.
- One weakness is that sometimes emphasis is on reconciliation as opposed to outright prosecution of the offender.

Note:

- A child is one below the age of 13
- A Young person is one between the age of 14 and 18
- A juvenile (Child and young person) those below the age of 18
- The laws, rules and regulations were set up many years ago and have not been revised.

Violence and the Law in Mozambique

FORCED SEX/RAPE

Is rape a criminal offence? What about other sexual violence?

- Rape and sexual violence are criminal offences recognized by the laws of Mozambique.

What are the penalties for rape and/or other sexual violence?

- Sentences range from 2 to 8 years imprisonment.

SEX WITH MINORS

Does the law specify an age of consent? If yes, what is the age of consent?

- Yes. The age of consent is 19 years and above.

What are the penalties for having sex with someone under the age of consent?

- Penalties depend on the age of the child:
 - If the child is 12 years of age or less, the penalty is 8-12 years of prison.

- If the child is between 13-16 years of age, the penalty is 2-8 years of prison.
- If the child is between 16-18 years of age, the penalty is 2-8 years of prison, but with potential for sentence shortening.
- There are also penalties for anyone who facilitates (such as parents) an adult having sex with someone under age 19:
 - 1-2 years imprisonment and a fine.
 - Loss of political rights for 3 years.

Are there any penalties for the girl/boy who is underage?

- There are no penalties.

SEX WITH STUDENTS

Are there any regulations or by-laws that forbid teachers/administrators from having sex with students (including those who have reached the age of majority)?

- Yes there is a decree by the Ministry of Education that forbids this.

If yes, what are they? How, if at all, are they enforced?

- A teacher's salary can be frozen while the charges are investigated.
- If the charges are proven, the teacher will be fired.

Are there penalties for the student who has sex with a teacher/administrator? What are they? How, if at all, are they enforced?

- There are no penalties for the students.

REPORTING

Where can people report rape/sexual violence or sex with minors?

- Gabinete de Atendimento de Mulher e Criança.
- Policia de investigação criminal.
- Tribunais e Procuradorias da Republica.

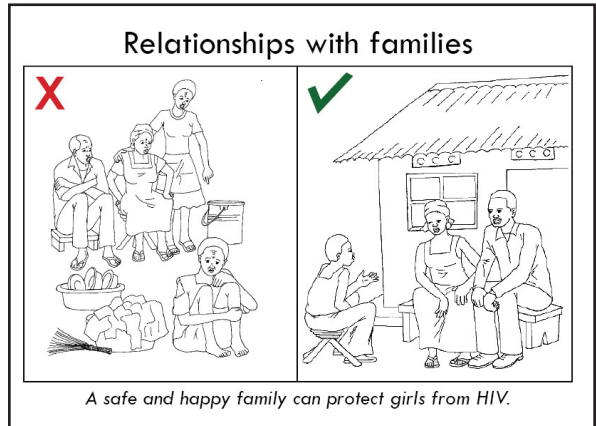
Are these places/systems safe or do they put girls/women at increased risk?

- They are not always safe and/or helpful; there is a lot of abuse of power and corruption in these organizations.

19. Relationships with family and other adults

The benefits of having healthy relationships with family and other adults

- Parents can set good examples for girls by not engaging in risky behaviours such as sex with multiple partners or drinking alcohol.
- Girls who feel more connected with at least one parent are less likely to be involved in risky behaviours.
- Girls who have positive relationships with at least three adults are less likely to engage in risky behaviours.



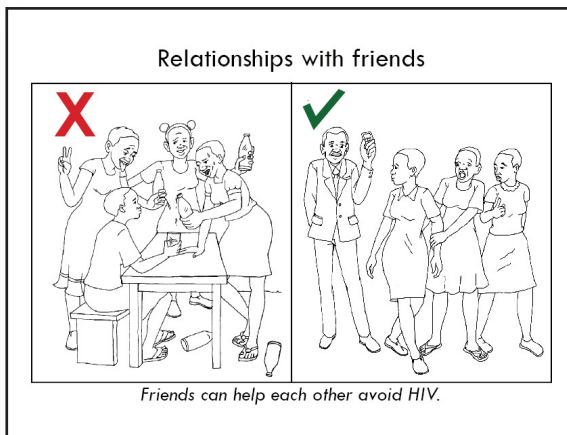
The barriers and challenges to healthy relationships

- Orphans often lack any adult guidance and supervision. Their economic situation may also be difficult, increasing the likelihood of exchanging sex for money.
- Girls are more likely to engage in risky behaviours if they live in households with little or no adult supervision.
- Family members may force or encourage a girl to engage in risky behaviours, such as exchanging sex for money so that they can support their family.
- Parents and other caregivers often find it difficult to talk to their children about sensitive issues such as sex and alcohol.
- In many places, the traditional relationship between youth and adults has broken down: Adolescents no longer listen to advice; elders no longer protect children.

20. Relationships with friends

The benefits of having good friends and social networks

- Supportive friends can have a positive impact on girls – for example by avoiding bars or risky sexual behaviours.
- Girls who belong to formal or informal groups in their communities may also have more opportunities and resources, as well as emotional support from other group members.
- This support from friends and social groups can help girls to achieve their goals.



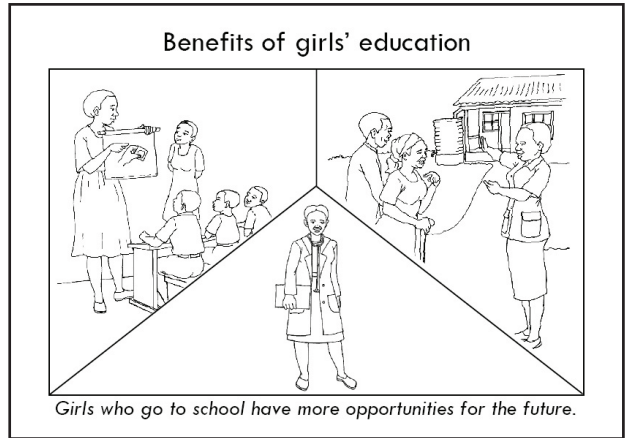
The barriers and challenges to healthy relationships with friends

- The opinions and actions of friends and other peers have a strong influence on adolescents.
- Friends who brag about their sexual experiences or the money that they have gotten through having sex with older men may encourage, either directly or indirectly, other girls their age to do the same.
- If girls see friends or peers drinking alcohol or going to bars, they may think it is “normal” and acceptable, even expected, for them to do the same.

21. Education and HIV/AIDS

The benefits of girls' education:

- Girls who attend school have greater access to knowledge about HIV/AIDS through life skills classes and after-school activities.
- Going to school can increase a girl's social network of friends and teachers.
- Education can help a girl achieve her life goals.
- Education increases the employment and economic opportunities open to girls, thereby reducing their need to exchange sex for money or goods.



22. Make sure girls are safe at school

Girls have a right to a safe school environment, but this is not always the case:

- Schools without a separate toilet for girls may not provide enough privacy, especially during menstruation. Existing toilets may not work or may be secluded and unsafe, putting girls at risk of harassment or even rape.
- Teachers may ask girls to have sex in exchange for better grades or even being allowed to attend school at all.
- Schools may have weak disciplinary procedures, or none at all, for teachers who have sex with students. A “code of silence” among education professionals may stop other people from speaking out about teacher-student relationships.
- Girls may face the risk of sexual or physical violence on their way to and from school, for example by taxi and bus drivers or other people on the street.



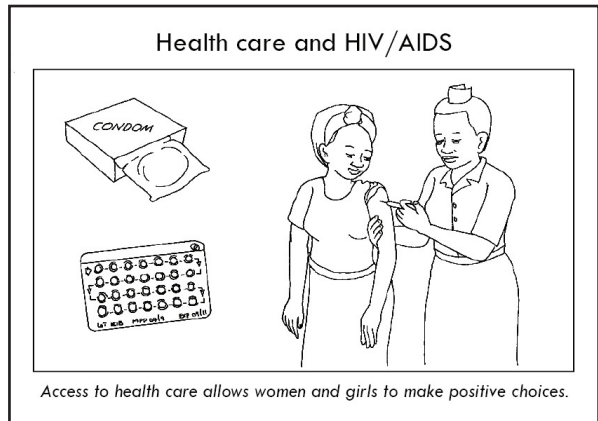
Other barriers to girls' education include:

- In some communities, people do not think that girls need to be educated.
- Fees for tuition, uniforms or books are a barrier to girls' education.
- Parents who don't have money to send all children to school are more likely to send boys than girls.
- Girls are often kept at home to help with housework or to look after siblings.
- Formal or informal school policies may stop girls going to school, such as policies that prevent pregnant girls and young mothers from attending school.

23. Health care and HIV/AIDS

The benefits of access to health care:

- Girls who have access to information about HIV/AIDS are more likely to know different methods to prevent transmission and understand their risk.
- Girls who have access to sexual and reproductive health services can get treatment for HIV and other sexually transmitted infections.
- Each clinical contact serves as an opportunity to provide information and counseling. They can also get access to other family planning methods to prevent unwanted pregnancies.



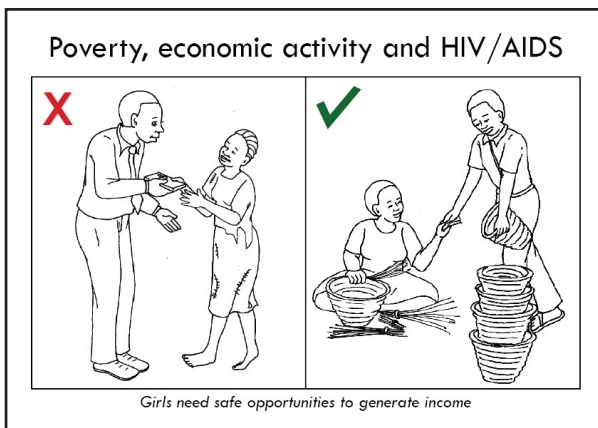
The barriers to accessing health care:

- There may be few health workers available to provide care to many people.
- Many health centers are not friendly towards the special needs of adolescent girls. Staff may not be trained and the clinic may not encourage girls to seek care.
- Girls may be embarrassed to discuss their health needs with parents, health care workers and other adults in the community.
- Girls may not know what services are available to them and where to access those services.
- Parents and other community members may not think it is appropriate for young girls to access sexual and reproductive services.

24. Poverty, economic opportunities and HIV/AIDS

The benefits of access to economic opportunities:

- Girls who have enough resources to meet their basic needs have less need to exchange sex for money or goods.
- Vocational training and other skills building activities can increase self-confidence and give girls an opportunity to meet more friends and colleagues.
- Women who have access to micro-finance opportunities and/or have their own business are more able to provide for their daughters and have less need to depend on girls to provide income for the family.



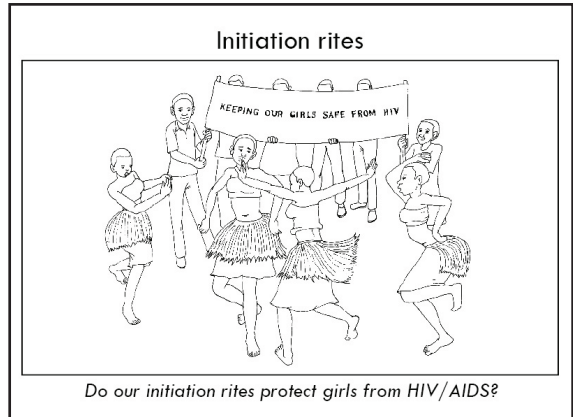
Poverty and the barriers to economic opportunities:

- Poverty and hunger can lead girls to exchange sex for money, food or other services.
- Women and girls are often paid less for their work than men, even when they are doing equal tasks.
- Some economic opportunities, such as domestic work or selling goods at the market, may expose girls to increased risk, such as pressure to have sex with their boss.
- Women, and girls in particular, often lack knowledge of or access to economic opportunities, such as micro-finance programs or vocational training.
- Women and girls often have no right to inherit land or property.
- Although micro-finance can be a valuable opportunity for women, girls under 18 are less able to deal with the financial responsibilities of taking on loans.
- Instead, they benefit more from participating in savings groups and learning about money management and financial decision-making.

25. Initiation rites and HIV/AIDS

The benefits of initiation:

- Traditional initiation ceremonies provide an excellent opportunity to teach adolescents about HIV/AIDS before they begin having sex.
- Initiation practices require no external resources or funding – they only need community adults who are willing to make these practices positive and protective experiences for youth.
- Religious initiation ceremonies often promote protective behaviours, such as abstinence before marriage and faithfulness to one partner.



The problems of initiation:

- In some places, initiation practices include elements that increase girls' vulnerability to HIV/AIDS.
- For example, in Malawi, girls may be encouraged to "clean the dust" - that is to go out and have sex as soon as possible after initiation.
- In other areas, practitioners who perform female circumcision use the same blade on many girls, exposing them to potentially contaminated blood.
- Girls and boys who have been through initiation are seen as 'adults' and may no longer accept advice from elders.
- Their parents also may no longer see the need to protect and counsel them. This means that girls and boys lose adult guidance at an early age.
- In other places, traditional initiation practices are no longer common – unfortunately these tend to be in those areas where practices traditionally promoted protective behaviours, such as abstinence and limiting sex to one partner.

How can the community work together to address girls' vulnerability?

- Changes in behaviour are a result of not only an individual's decision to take action.
- Actions often depend on individuals having a safe and supportive environment around them, including from their friends and family and from their community.
- This means that communities have a lot of power to take action to reduce girls' vulnerability and make it possible for girls to adopt healthy behaviours.

Remember:

- Every individual has the capacity to make their health better.
- Communities know best how to solve their health problems. Local solutions will be lasting ones and will not depend on help coming from the outside.
- Coming together as a community helps to solve bigger problems than an individual is able to do alone.
- Participation from all parts of the community is very important: men and women, youth and grandparents. Everyone's opinion is important.

Local proverbs on working together

"Mutu Umodzi susenza denga"

("One head cannot support a roof")

Malawi

"Kgetsi ya tsie e kgonwa ka go tshwaraganelwa"

("Collectively we achieve more")

Botswana

"Moono m'moza khulipale!"

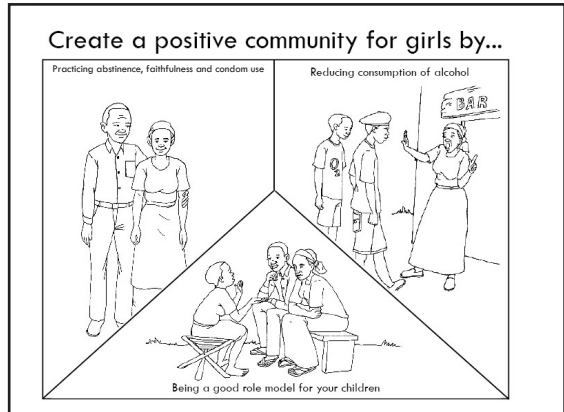
("Um só braço/mão nunca é absolutamente forte.")

(With only one hand/arm, nothing will be absolutely strong.)

Mozambique

26. Create a positive community for girls by...

Below are some ideas of ways that the community could take action. Some of the solutions cut across different areas and address multiple problems. Others are more specific to one issue.



Remember, these are only ideas.

It is important that solutions come from the community members themselves to ensure a feeling of ownership and commitment to the decisions made.

Reducing risky sexual behaviours:

- Encourage people to stick to one sexual partner.
- Work with men in the community to make them aware of their role in increasing or reducing girls' vulnerability to HIV.
- Challenge social norms around masculinity, acceptance of risky sexual behaviours and girls' access to condoms.
- Share information about condom use and risky sexual behaviours with girls.
- Talk to girls about their problems and their reasons for engaging in risky sexual behaviours.
- Think about the links to economic opportunities – find ways to increase girls' ability to have financial independence from men.
- Link to programs aimed at keeping girls in school
- Ensure that laws about sex with minors are known to all and are enforced.

Reducing consumption of alcohol:

- Protest against bars and other establishments that serve alcohol to youth.
- Encourage adults to be good role models for their children.
- Establish youth groups, sports teams or other activities that adolescents can participate in during their free time.

- Counsel all community members, including men, women and adolescents, to avoid or reduce alcohol consumption.

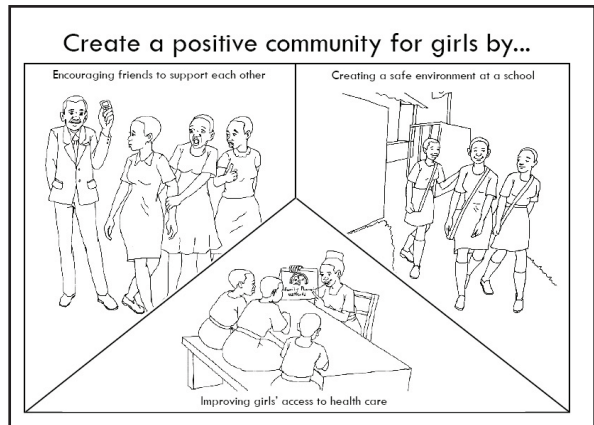
Improving relationships between girls and families and other adults:

- Encourage parents to be good role models for their children and to get involved in their daughter's lives in a positive way.
- Encourage other adults in the community to get involved with girls in a caring and supportive manner – such as helping them with schoolwork or being there to listen to their problems.

27. Create a positive community for girls by...

Improving relationships between girls and their friends:

- Encourage young people to be good role models for their friends and for younger children.
- Promote norms among young people that reject risky behaviours, such as transactional sex and alcohol use. This can reduce pressure on young girls to conform to practices that increase their risk of HIV.



Creating a safe environment for girls at school:

- Encourage girls to go to school by talking about the benefits of education and their goals for the future.
- Waive school fees or conduct fundraising to support girls' education costs.
- Search for resources and/or volunteer labor to build safe, working latrines at schools.
- Encourage parents to form or revive parent-teacher associations in schools.
- Let head teachers know that parents will not tolerate sex between teachers and students. Demand action against teachers who do have sex with students.
- Help provide safe ways for girls to travel to and from school.

Improving girls' access to health care:

- Encourage parents to support girls' needs for health information and services.
- Encourage girls to talk about their health problems and seek help when needed.

- Work with local clinics to set up spaces or times of day to meet the needs of girls.
- Ask health clinic staff to visit schools and community groups to share information about HIV/AIDS and other sexual and reproductive health services.

28. Create a positive community for girls by...

Making initiation more protective:

- Identify specific factors in traditional initiation practices that make girls vulnerable to HIV/AIDS and make efforts to end or transform such practices.
- Introduce positive protective elements into initiation practices, such as teaching adolescents about HIV/AIDS and ways to avoid it.



Tackling the economic challenges faced by girls:

- Encourage mothers of adolescent girls to join existing microfinance programs available in the community.
- Change local norms and rules about land and property inheritance.
- Encourage girls to participate in available vocational training – including in areas that are usually thought of as “boy’s fields”.
- Encourage trades-people in the community to teach young women skills that they can use to earn an income.
- Encourage girls to go to school – those who do have a better chance to earn an income in the future.
- Create safe spaces at markets for girls to sell goods.

Reducing violence against girls:

- Provide a supportive and trusting environment for victims of violence to report violence or abuse.
- Establish community services that protect girls when they are most vulnerable – for example, “walk-to-school groups”.
- Encourage adults and adolescents to think about the relationship between violence and other factors – such as drinking alcohol.
- Increase awareness of laws and punishments related to violence.
- Strengthen links with local police or security services.
- Insist that those who are violent towards girls are punished according to the law.

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